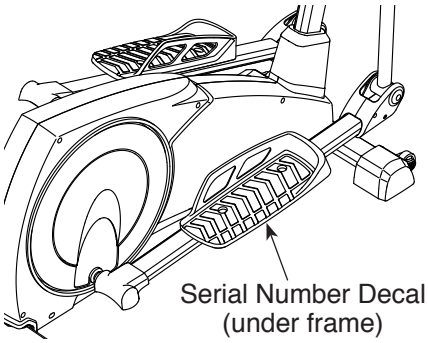
WESLO® momentum R 5.2

www.weslo.com

Model No. WLEL83012.1
Serial No. _____

Write the serial number in the space above for reference.



QUESTIONS?

If you have questions, or if parts are damaged or missing, **DO NOT CONTACT THE STORE; please contact Customer Care.**

IMPORTANT: Please register this product (see the limited warranty on the back cover of this manual) before contacting Customer Care.

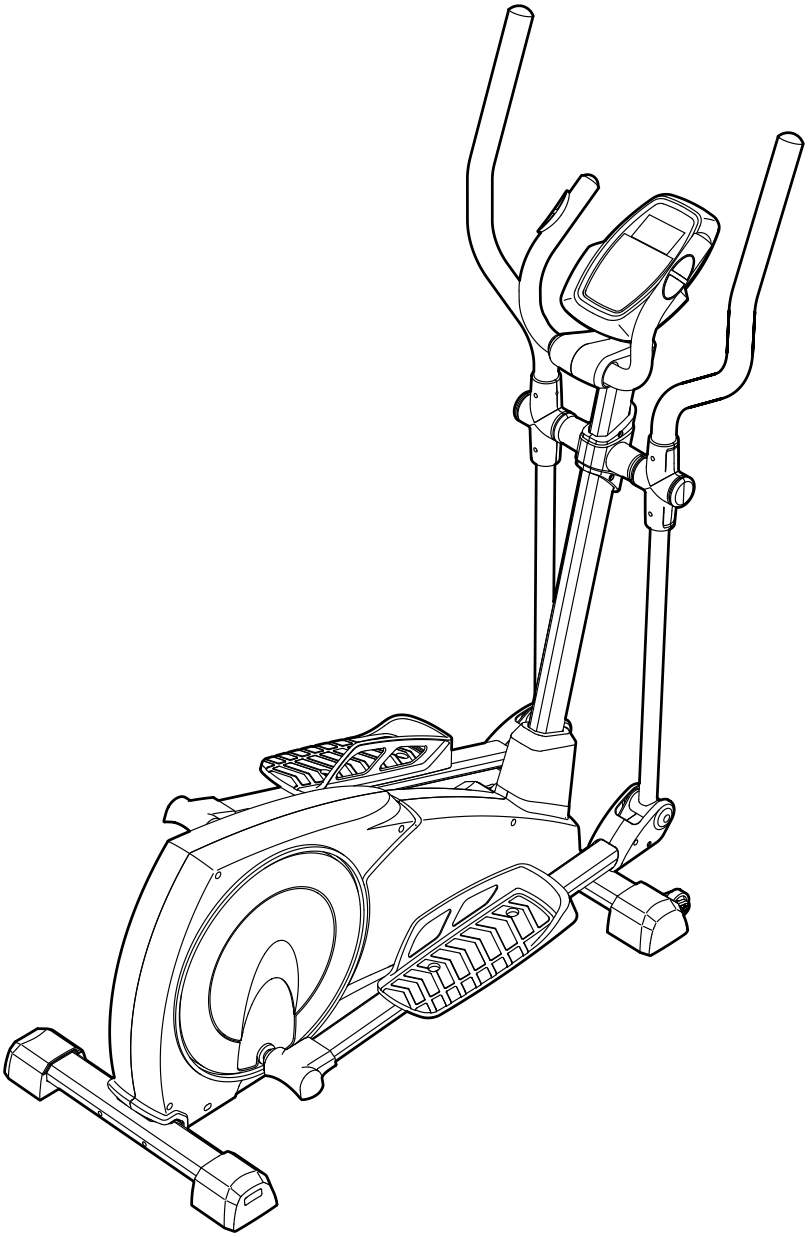
CALL TOLL-FREE:
1-866-699-3756
Mon.–Fri., 6 a.m.–6 p.m. MT
Sat. 8 a.m.–4 p.m. MT

ON THE WEB:
www.wesloservice.com

⚠CAUTION

Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.

USER'S MANUAL



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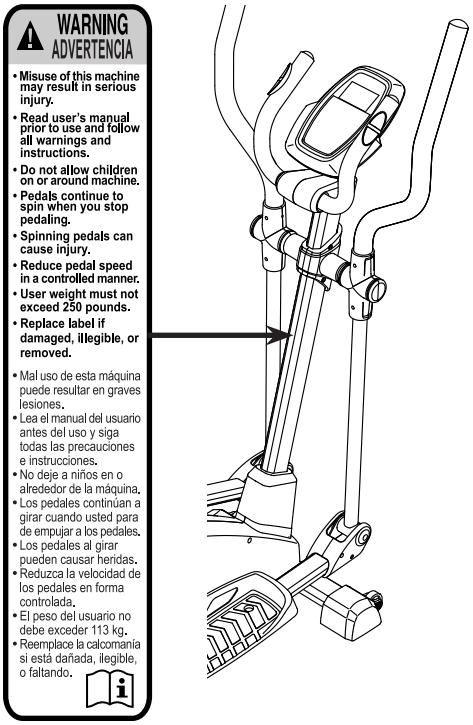
WARNING DECAL PLACEMENT

This drawing shows the location(s) of the warning decal(s). **If a decal is missing or illegible, see the front cover of this manual and request a free replacement decal. Apply the decal in the location shown.** Note: The decal(s) may not be shown at actual size.


WARNING
ADVERTENCIA
• Misuse of this machine may result in serious injury.
• Read user's manual prior to use and follow all warnings and instructions.
• Do not allow children on or around machine.
• Pedals continue to spin when you stop pedaling.
• Spinning pedals can cause injury.
• Reduce pedal speed in a controlled manner.
• User weight must not exceed 250 pounds.
• Replace label if damaged, illegible, or removed.
• Mal uso de esta máquina puede resultar en graves lesiones.
• Lea el manual del usuario antes del uso y siga todas las precauciones e instrucciones.
• No deje a niños en o alrededor de la máquina.
• Los pedales continúan a girar cuando usted para de empujar a los pedales.
• Los pedales al girar pueden causar heridas.
• Reduzca la velocidad de los pedales en forma controlada.
• El peso del usuario no debe exceder 113 kg.
• Reemplace la calcomanía si está dañada, ilegible, o faltando.

WESLO is a registered trademark of ICON IP, Inc.

IMPORTANT PRECAUTIONS

⚠WARNING: To reduce the risk of serious injury, read all important precautions and instructions in this manual and all warnings on your elliptical before using your elliptical. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.

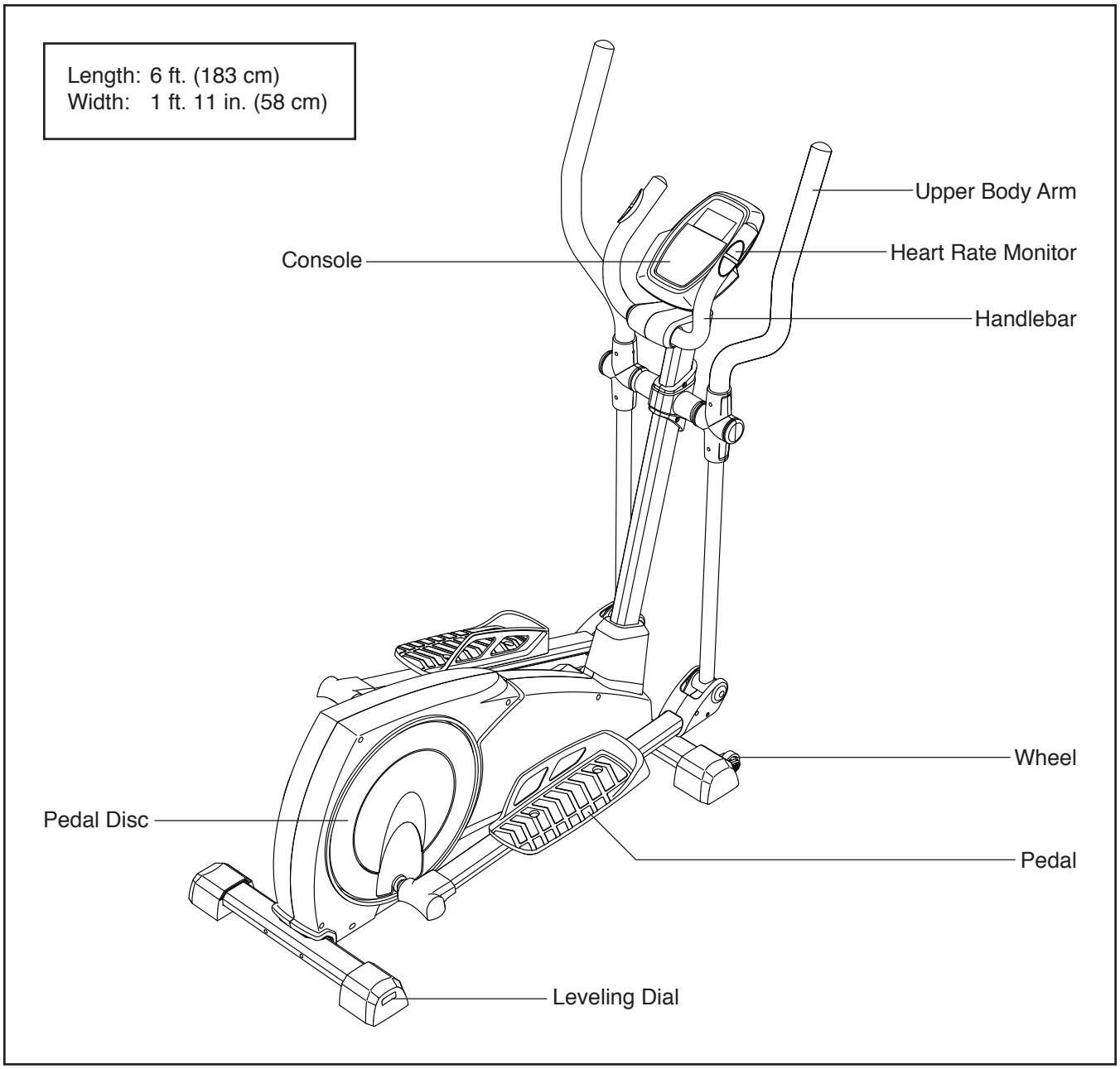
1. **It is the responsibility of the owner to ensure that all users of the elliptical are adequately informed of all precautions.**
2. **Before beginning any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.**
3. **Use the elliptical only as described in this manual.**
4. **The elliptical is intended for home use only. Do not use the elliptical in a commercial, rental, or institutional setting.**
5. **Keep the elliptical indoors, away from moisture and dust. Do not put the elliptical in a garage or covered patio, or near water.**
6. **Place the elliptical on a level surface, with at least 3 ft. (0.9 m) of clearance in the front and rear of the elliptical and 2 ft. (0.6 m) on each side. To protect the floor or carpet from damage, place a mat under the elliptical.**
7. **Inspect and properly tighten all parts regularly. Replace any worn parts immediately.**
8. **Keep children under age 12 and pets away from the elliptical at all times.**
9. **The elliptical should not be used by persons weighing more than 250 lbs. (113 kg).**
10. **Wear appropriate clothes while exercising; do not wear loose clothes that could become caught on the elliptical. Always wear athletic shoes for foot protection while exercising.**
11. **Hold the handlebars or the upper body arms when mounting, dismounting, or using the elliptical.**
12. **The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.**
13. **The elliptical does not have a freewheel; the pedals will continue to move until the flywheel stops. Reduce your pedaling speed in a controlled way.**
14. **Keep your back straight while using the elliptical; do not arch your back.**
15. **Over exercising may result in serious injury or death. If you feel faint or if you experience pain while exercising, stop immediately and cool down.**

BEFORE YOU BEGIN

Thank you for selecting the new WESLO® MOMENTUM R 5.2 elliptical. The MOMENTUM R 5.2 elliptical provides a selection of features designed to make your workouts at home more effective and enjoyable.

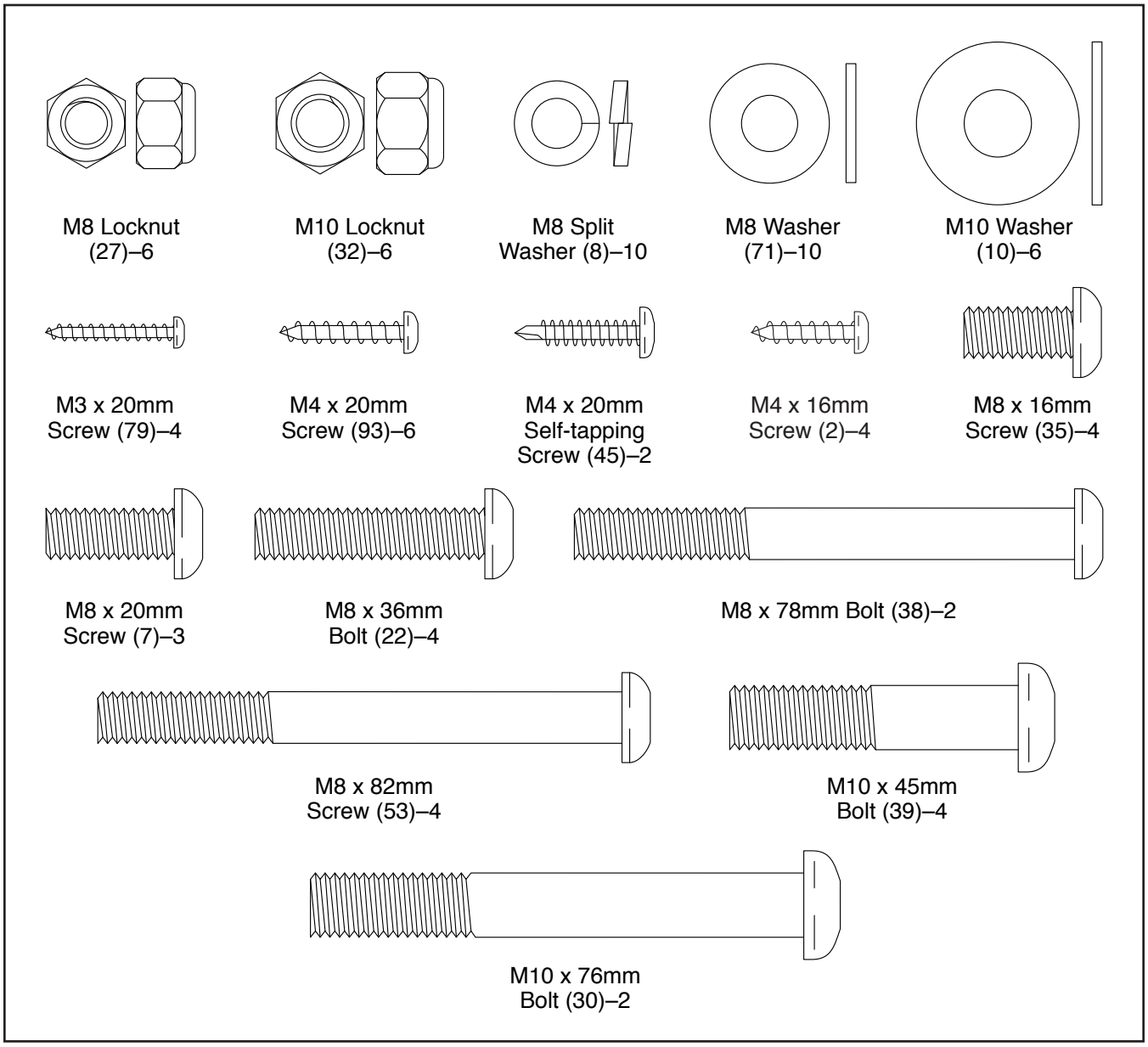
For your benefit, read this manual carefully before you use the elliptical. If you have questions after reading this manual, please see the front cover of this manual. To help us assist you, note the product model number and serial number before contacting us. The model number and the location of the serial number decal are shown on the front cover of this manual.

Before reading further, please familiarize yourself with the parts that are labeled in the drawing below.



PART IDENTIFICATION CHART

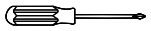
Use the drawings below to identify the small parts needed for assembly. The number in parentheses below each drawing is the key number of the part, from the PART LIST near the end of this manual. The number following the key number is the quantity needed for assembly. **Note: If a part is not in the hardware kit, check to see if it has been preassembled.**



ASSEMBLY

- To hire an authorized service technician to assemble this product, call 1-800-445-2480.
- Assembly requires two persons.
- Place all parts in a cleared area and remove the packing materials. Do not dispose of the packing materials until you finish all assembly steps.
- Left parts are marked “L” or “Left” and right parts are marked “R” or “Right.”
- To identify small parts, see page 5.
- In addition to the included tool(s), assembly requires the following tools:

one adjustable wrench

one Phillips screwdriver 

one rubber mallet

Assembly may be easier if you have a set of wrenches. To avoid damaging parts, do not use power tools.

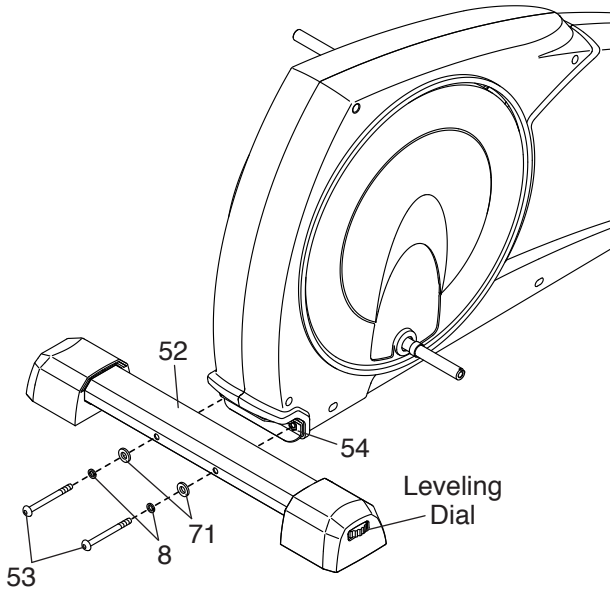
1. Identify the Rear Stabilizer (52), which has a leveling dial on each end. Note: The Rear Stabilizer does not have wheels.

   Set a sturdy piece of packing material under the rear of the Frame (54). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Rear Stabilizer (52) to the Frame (54) with two M8 x 82mm Screws (53), two M8 Split Washers (8), and two M8 Washers (71).

   Remove the packing material.

1

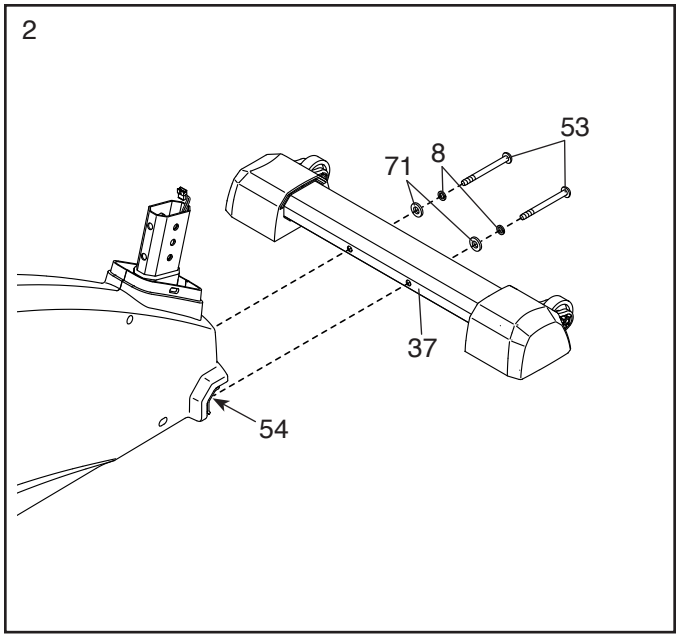


2. If there is a cardboard tube (not shown) on the front the Frame (54), remove and discard the attachment screw and the cardboard tube.

   Set a sturdy piece of packing material under the front of the Frame (54). **Have a second person hold the Frame to prevent it from tipping while you complete this step.**

   Attach the Front Stabilizer (37) to the Frame (54) with two M8 x 82mm Screws (53), two M8 Split Washers (8), and two M8 Washers (71).

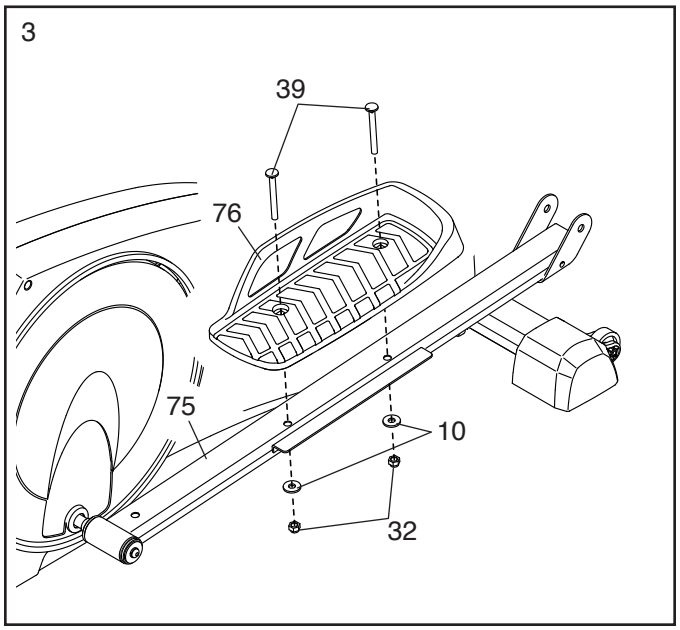
   Remove the packing material.



3. Orient the Right Pedal (76) as shown.

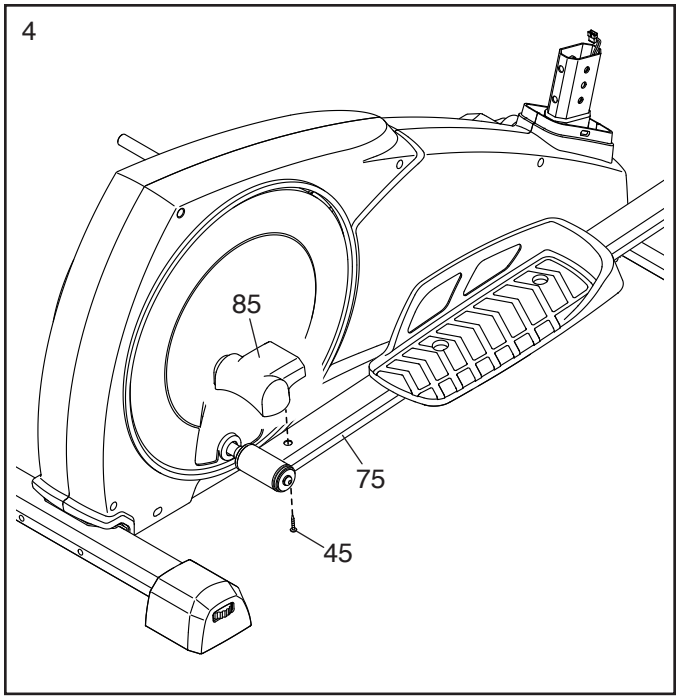
   Attach the Right Pedal (76) to the Right Pedal Arm (75) with two M10 x 45mm Bolts (39), two M10 Washers (10), and two M10 Locknuts (32).

   Attach the Left Pedal (not shown) to the Left Pedal Arm (not shown) in the same way.



4. Attach the Right Pedal Arm Cover (85) to the Right Pedal Arm (75) with an M4 x 20mm Self-tapping Screw (45).

   Repeat this step on the other side of the elliptical.



5. Orient the Upright (9) assembly and the Lower Upright Cover (83) as shown. Slide the Lower Upright Cover upward onto the Upright.

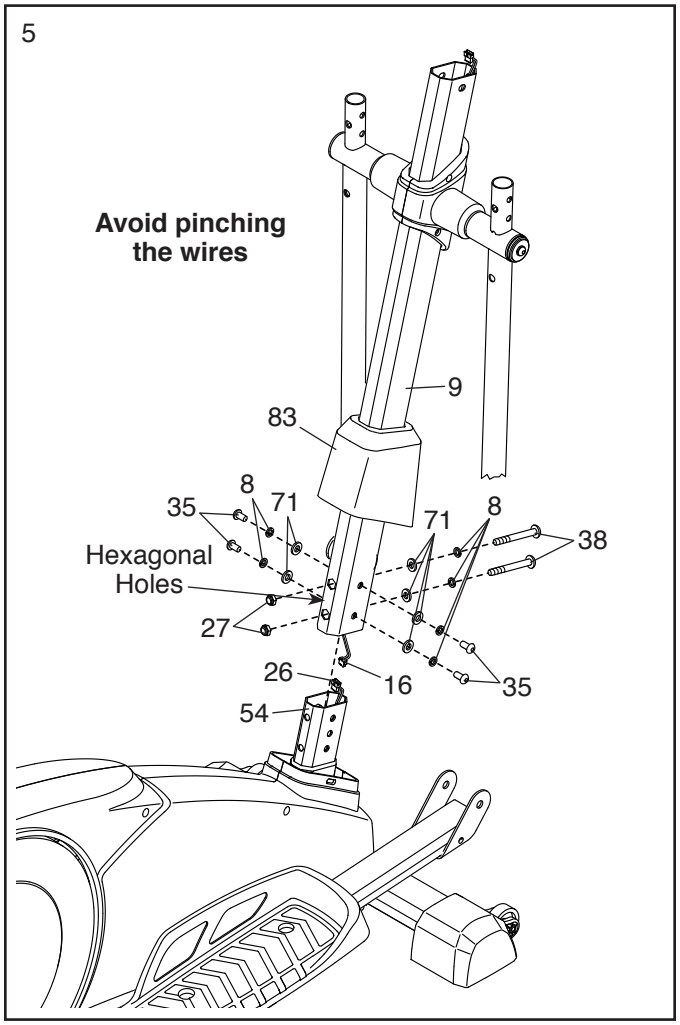
   Have a second person hold the Upright (9) and the Lower Upright Cover (83) near the Frame (54). Connect the Extension Wire (16) to the Main Wire (26).

   Tip: Avoid pinching the wires. Slide the Upright (9) onto the Frame (54).

   Attach the Upright (9) with two M8 x 78mm Bolts (38), two M8 Split Washers (8), two M8 Washers (71), and two M8 Locknuts (27). **Make sure that the Locknuts are inside the hexagonal holes. Do not fully tighten the Bolts yet.**

   Then, attach the Upright (9) with four M8 x 16mm Screws (35), four M8 Split Washers (8), and four M8 Washers (71). **Do not fully tighten the Screws yet.**

   Slide the Lower Upright Cover (83) downward to the Frame (54). **Do not press the Lower Upright Cover into place yet.**

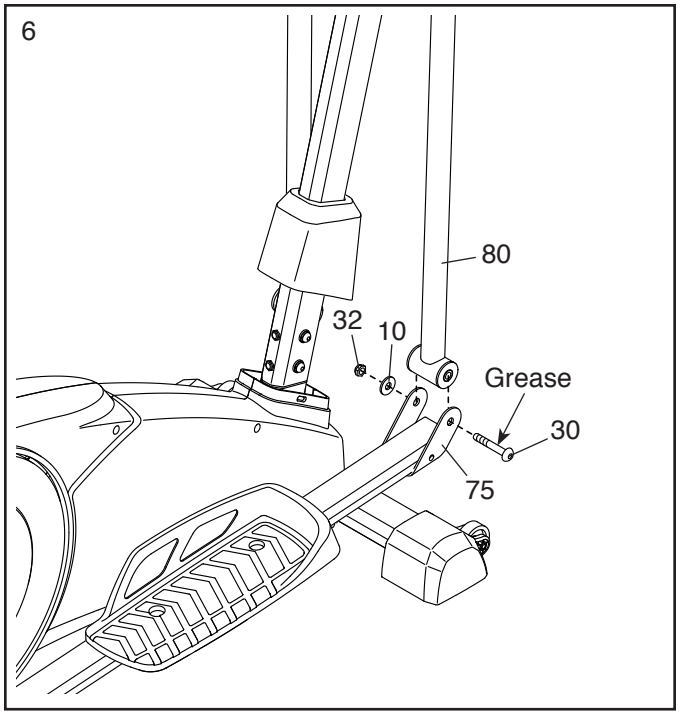


6. Apply a small amount of grease to an M10 x 76mm Bolt (30).

   Hold the end of the Right Upper Body Leg (80) inside the bracket on the Right Pedal Arm (75).

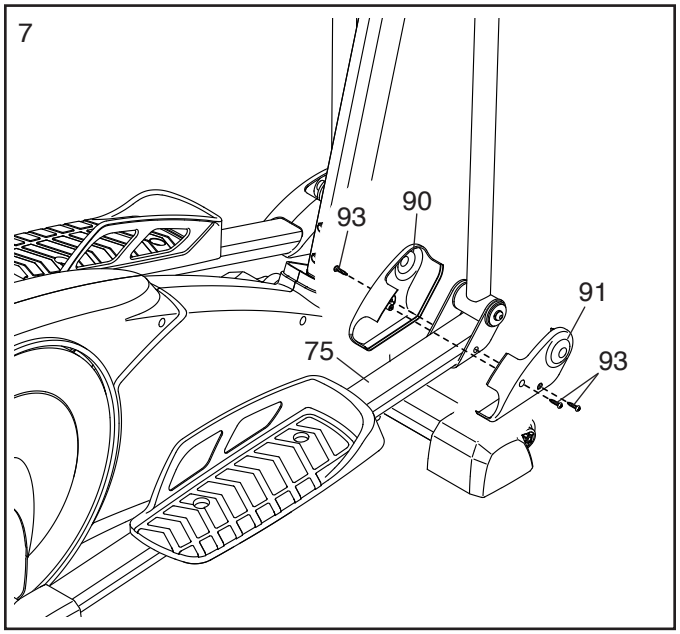
   Attach the Right Upper Body Leg (80) to the Right Pedal Arm (75) with the M10 x 76mm Bolt (30), an M10 Washer (10), and an M10 Locknut (32). **Do not overtighten the Bolt; the Right Upper Body Leg must pivot freely.**

   Repeat this step on the other side of the elliptical.



7. Attach a set of Left and Right Upper Body Leg Covers (90, 91) to the Right Pedal Arm (75) with three M4 x 20mm Screws (93).

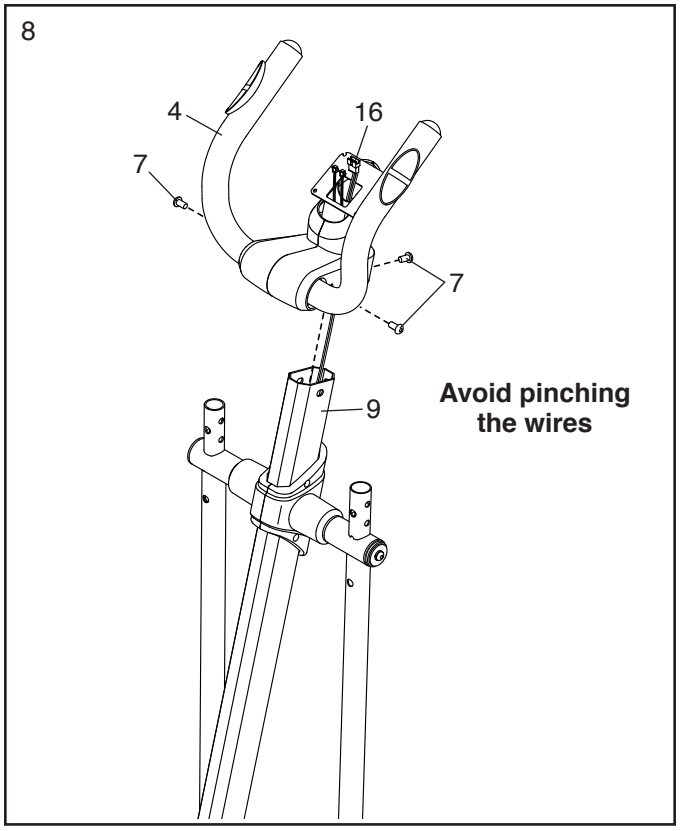
   Repeat this step on the other side of the elliptical.



8. Orient the Handlebar (4) as shown.

   Have a second person hold the Handlebar (4) near the Upright (9). Insert the Extension Wire (16) into the Handlebar and pull it out of the top of the Handlebar.

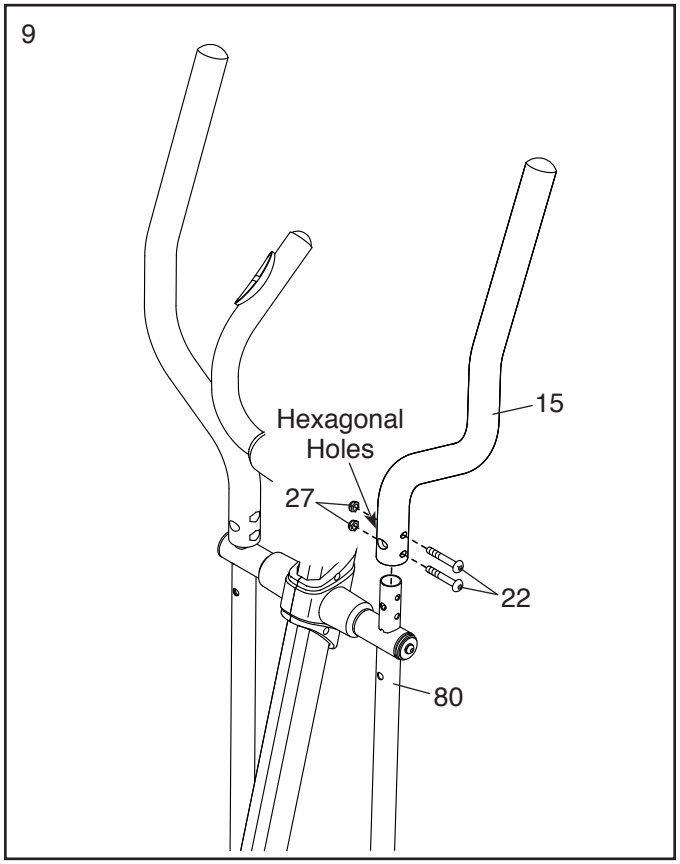
   Tip: Avoid pinching the wires. Attach the Handlebar (4) to the Upright (9) with three M8 x 20mm Screws (7).



9. Slide the Right Upper Body Arm (15) onto the Right Upper Body Leg (80).

   Attach the Right Upper Body Arm (15) with two M8 x 36mm Bolts (22) and two M8 Locknuts (27). **Make sure that the Locknuts are inside the hexagonal holes.**

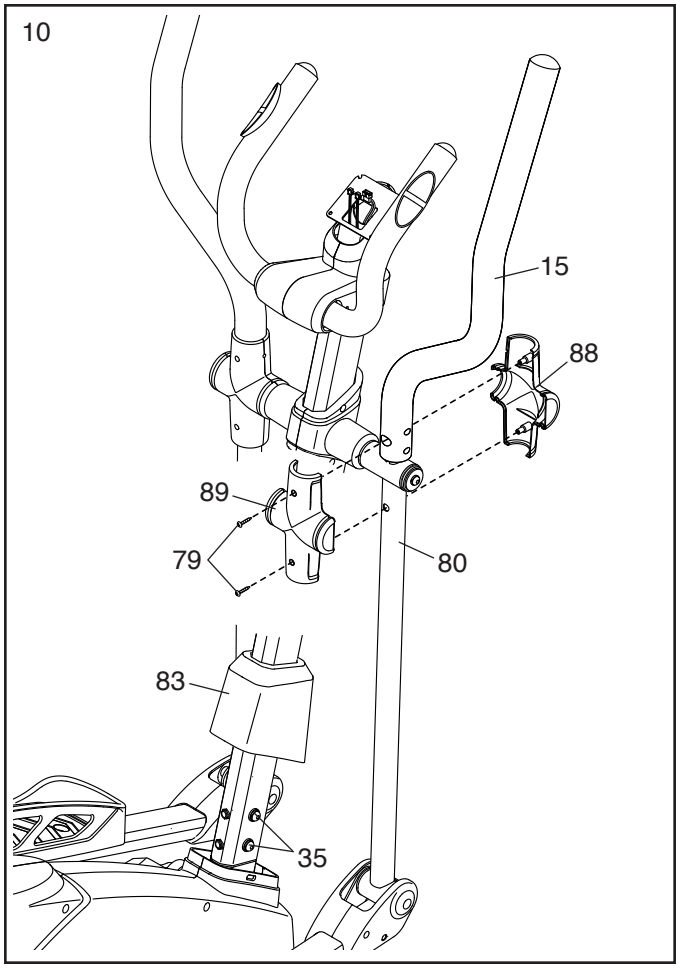
   Repeat this step on the other side of the elliptical.



10. Attach a set of Upper Body Covers A and B (88, 89) to the Right Upper Body Arm (15) and the Right Upper Body Leg (80) with two M3 x 20mm Screws (79).

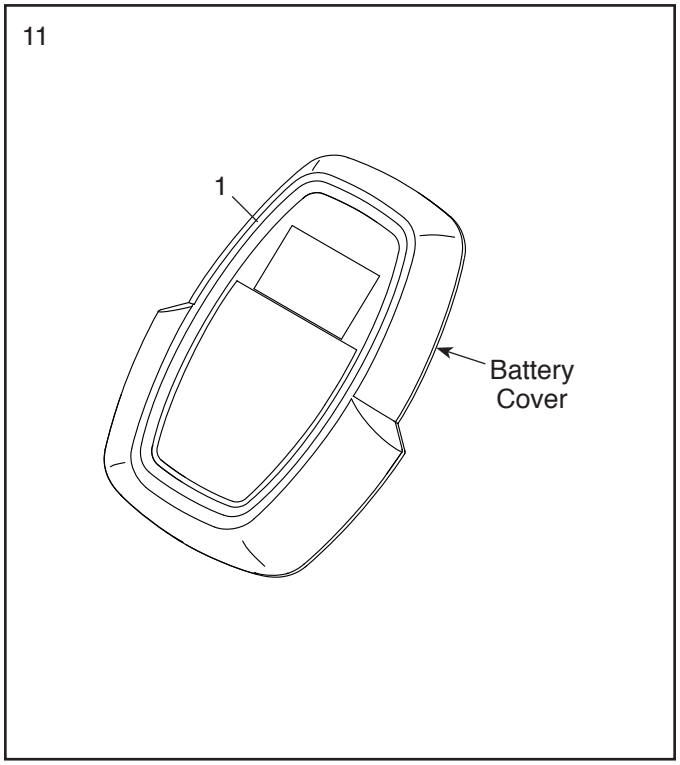
Repeat this step on the other side of the elliptical.

See assembly step 6. Tighten the M8 x 78mm Bolts (38) and the M8 x 16mm Screws (35). Then, press the Lower Upright Cover (83) into place.



11. The Console (1) can use four AA batteries (not included); alkaline batteries are recommended. Do not use old and new batteries together or alkaline, standard, and rechargeable batteries together. **IMPORTANT: If the Console has been exposed to cold temperatures, allow it to warm to room temperature before you insert batteries. Otherwise, you may damage the console displays or other electronic components.**

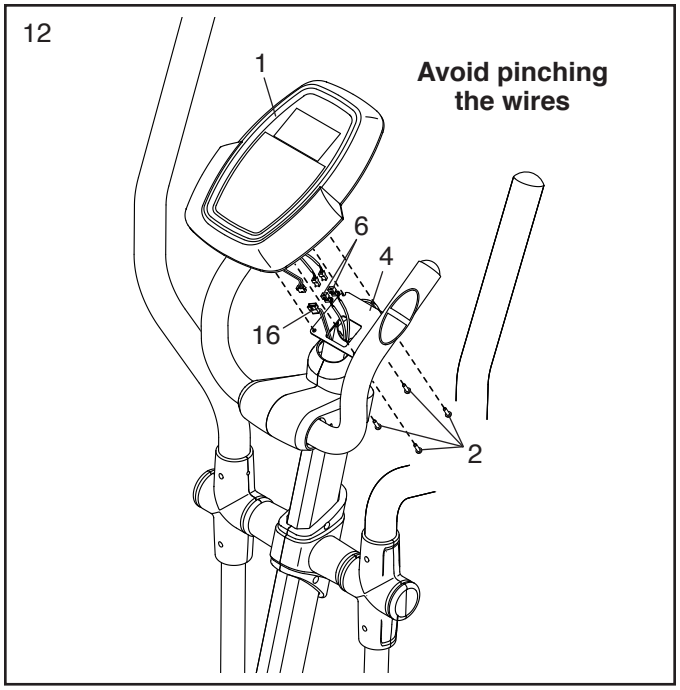
Remove the battery cover from the back of the Console (1), and insert batteries into the battery compartment. **Make sure to orient the batteries as shown by the diagram inside the battery compartment.** Then, reattach the battery cover.



12. While a second person holds the Console (1) near the Handlebar (4), connect the console wires to the Extension Wire (16) and to the Pulse Wires (6).

    Insert the excess wire into the Console (1) or into the Handlebar (4).

    Tip: Avoid pinching the wires. Attach the Console (1) to the Handlebar (4) with four M4 x 16mm Screws (2).

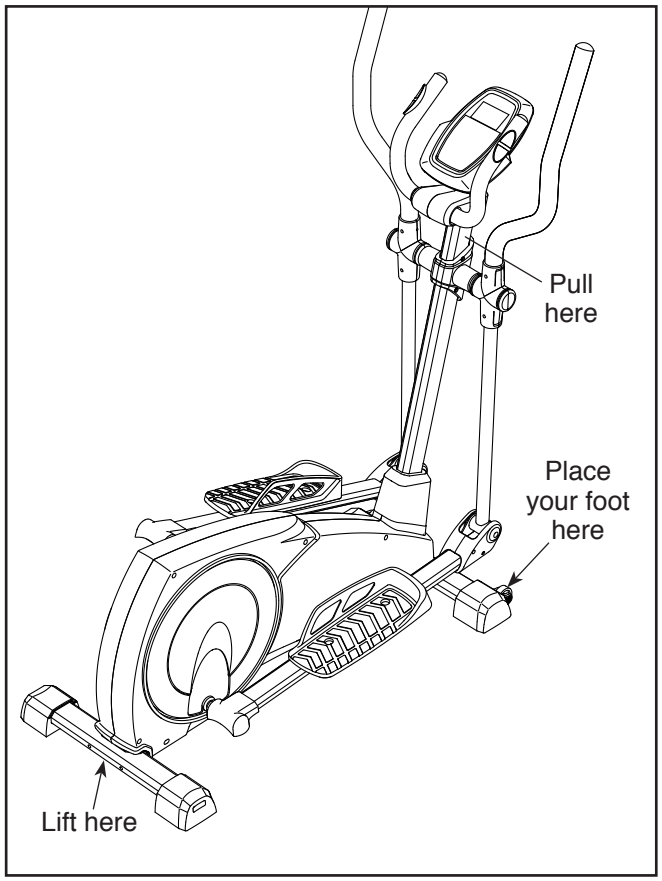


13. **Make sure that all parts of the elliptical are properly tightened.** Note: Extra parts may be included. To protect the floor or carpet from damage, place a mat under the elliptical.

HOW TO USE THE ELLIPTICAL

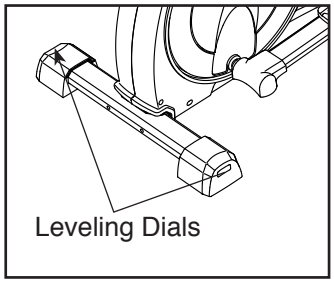
HOW TO MOVE THE ELLIPTICAL

Due to the size and weight of the elliptical, moving it requires two persons. Stand in front of the elliptical, hold the upright, and place one foot against one of the wheels. Pull on the upright and have a second person lift the rear stabilizer until the elliptical will roll on the wheels. Carefully move the elliptical to the desired location, and then lower it to the floor.



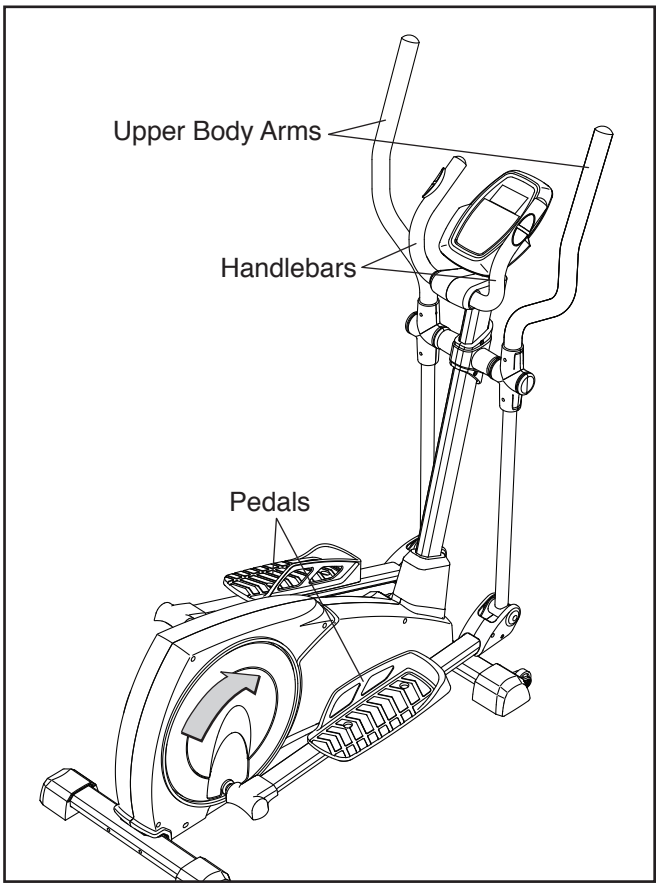
HOW TO LEVEL THE ELLIPTICAL

If the elliptical rocks slightly on your floor during use, turn the dial on one or both of the leveling feet on the rear stabilizer until the rocking motion is eliminated.



HOW TO EXERCISE ON THE ELLIPTICAL

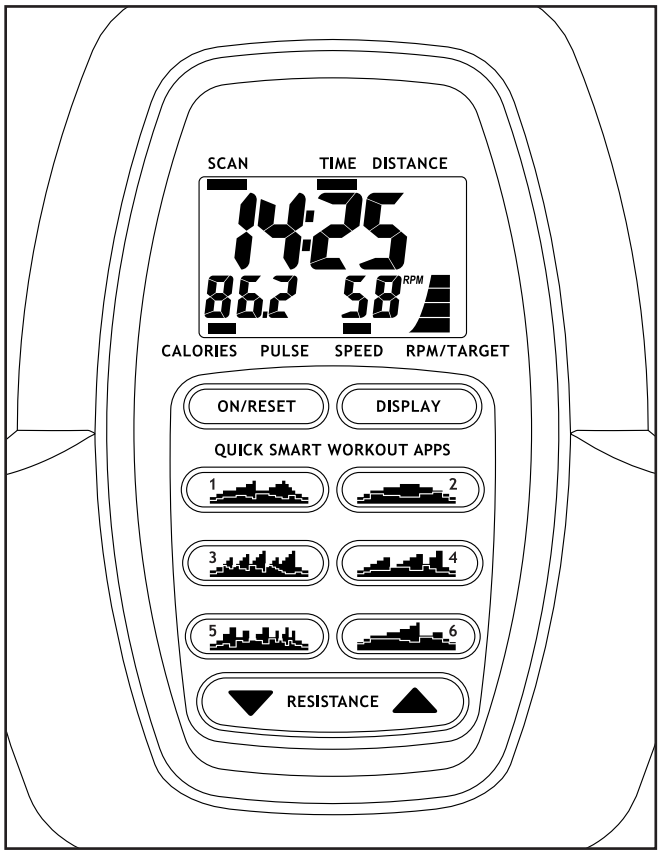
To mount the elliptical, hold the handlebars or the upper body arms and step onto the pedal that is in the lower position. Then, step onto the other pedal.



Push the pedals until they begin to move with a continuous motion. **Note: The pedal discs can turn in either direction. It is recommended that you move the pedal discs in the direction shown by the arrow; however, for variety, you can turn the pedal discs in the opposite direction.**

To dismount the elliptical, wait until the pedals come to a complete stop. **Note: The elliptical does not have a free wheel; the pedals will continue to move until the flywheel stops.** When the pedals are stationary, step off the higher pedal first. Then, step off the lower pedal.

CONSOLE DIAGRAM



FEATURES OF THE CONSOLE

The console offers a selection of features designed to make your workouts more effective.

When you use the manual mode of the console, you can change the resistance of the pedals with the touch of a button. As you pedal, the console will provide continuous exercise feedback. You can even measure your heart rate using the handgrip heart rate monitor.

The console also offers six quick smart workout apps that automatically change the resistance of the pedals and prompt you to vary your pedaling pace while guiding you through an effective workout.

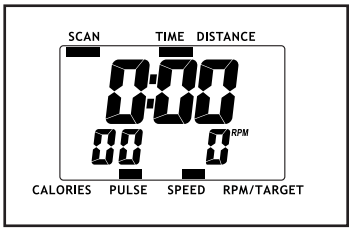
Before using the console, make sure that batteries are installed (see assembly step 11 on page 11). If there is a sheet of plastic on the display, remove the plastic.

HOW TO USE THE MANUAL MODE

1. **Turn on the console.**

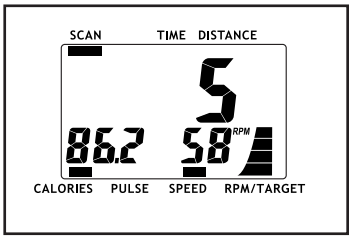
   To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

2. **Select the manual mode.**

   When you turn on the console, the manual mode will be selected. If you have selected a workout, reselect the manual mode by pressing any of the Quick Smart Workout Apps buttons repeatedly until zeros appear in the display.

3. **Change the resistance of the pedals as desired.**

   As you pedal, change the resistance of the pedals by pressing the Resistance increase and decrease buttons.

   Note: After you press the buttons, it will take a moment for the pedals to reach the selected resistance level.

4. **Follow your progress with the display.**

   The console has several displays that show the following workout information:

   Speed—This display shows your pedaling speed, in revolutions per minute (rpm).

   Time—This display shows the elapsed time. Note: When a workout is selected, the display shows the time remaining in the workout instead of the elapsed time.

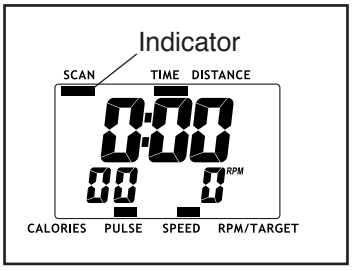
   Distance—This display shows the distance you have pedaled, in total revolutions.

Calories—This display shows the approximate number of calories you have burned.

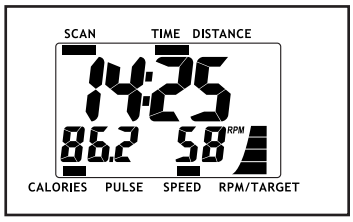
Pulse—This display shows your heart rate when you use the handgrip heart rate monitor.

Scan—When you select this display option, the upper section of the display will show both time and distance information, and the lower left section of the display will show calories information.

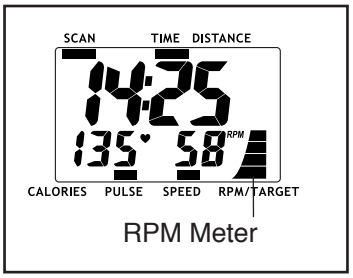
When you turn on the console, the scan display will be selected automatically. An indicator will appear below the word SCAN to show that the scan display is selected.



As you exercise, the upper section of the display will alternately show the elapsed time and the distance that you have pedaled; the lower left section of the display will show the number of calories you have burned. The lower right section of the display will show your pedaling speed.



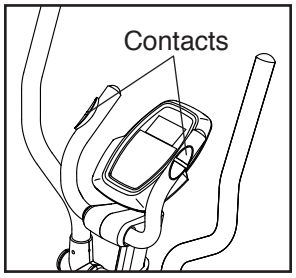
In addition, the RPM meter on the right side of the display will provide a visual representation of your pedaling speed. As you increase or decrease your pace, bars will appear or disappear in the RPM meter.



To cancel the scan mode, press the Display button. The indicator below the word SCAN will disappear. The upper section of the display will then show only the elapsed time. If you press the Display button again, the upper section of the display will show only the distance pedaled. To select the scan mode again, press the Display button repeatedly until an indicator appears below the word SCAN.

To reset the display, press the On/Reset button. To pause the console, stop pedaling. When the console is paused, the time will flash in the display. To continue your workout, simply resume pedaling.

5. **Measure your heart rate if desired.**



Note: If there are sheets of plastic on the metal contacts of the handgrip heart rate monitor, remove the plastic. To measure your heart rate, hold the handgrip heart rate monitor, with your palms resting against the contacts. **Avoid moving your hands or gripping the contacts tightly.**

When your pulse is detected, the heart-shaped indicator in the display will flash each time your heart beats and two dashes will appear. After a moment, your heart rate will be shown in the display.

For the most accurate heart rate reading, continue to hold the contacts for about 15 seconds. Note: If you continue to hold the handgrip heart rate monitor, the display will show your heart rate for up to 30 seconds. The display will then show your heart rate along with the other modes.

If your heart rate is not shown, make sure that your hands are positioned as described. Be careful not to move your hand excessively or to squeeze the contacts too tightly. For optimal performance, clean the contacts using a soft cloth; **never use alcohol, abrasives, or chemicals to clean the contacts.**

6. **When you are finished exercising, the console will turn off automatically.**

If the pedals do not move for a few seconds, the time will flash in the display and the console will pause.

If the pedals do not move for a few minutes, the console will turn off and the display will be reset.

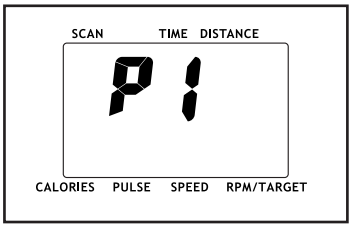
HOW TO USE A QUICK SMART WORKOUT APP

1. **Turn on the console.**

   To turn on the console, press the On/Reset button or begin pedaling. The entire display will turn on for a moment; the console will then be ready for use.

2. **Select a quick smart workout app.**

   To select a quick smart workout app, press the desired Quick Smart Workout Apps button. The name of the workout will appear in the display.



   A few seconds after you select a quick smart workout app, the display will show the duration of the workout.

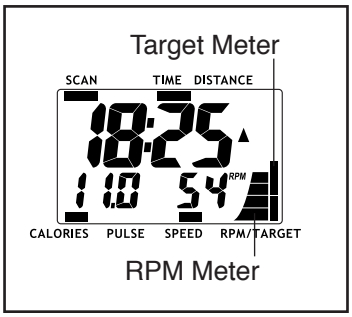
3. **Begin pedaling to start the workout.**

   Each quick smart workout app consists of several one-minute segments. One resistance level and one target speed (rpm) are programmed for each segment.

   Whenever the resistance is about to change, the resistance level will flash in the display for a few seconds. The resistance of the pedals will then automatically change to the resistance level programmed for the next segment.

   If the resistance level for the current segment is too high or too low, you can manually override the setting by pressing the Resistance buttons. **IMPORTANT: When the current segment of the workout ends, the pedals will automatically adjust to the resistance level programmed for the next segment.**

The target speed settings for the workout will be shown by the target meter in the display. The RPM meter will show your actual pedaling speed.



As the target meter changes in height during the workout, adjust your pedaling speed so that the same number of bars appears in both meters. If your pedaling speed is slower than the current target speed, an arrow will appear next to the RPM meter to prompt you to increase your speed; if your pedaling speed is faster than the target speed, an arrow will prompt you to decrease your speed.

IMPORTANT: The target speed settings for the workout are intended only to provide a goal. Your actual pedaling speed may be slower than the target speed settings, especially during the first few months of your exercise workout. Make sure to pedal at speed that is comfortable for you.

The display will show the time remaining in the workout. If you stop pedaling for a few seconds, the workout will pause and the time will flash in the display. To resume the workout, simply resume pedaling.

4. **Follow your progress with the display.**

   See step 4 on page 14.

5. **Measure your heart rate if desired.**

   See step 5 on page 15.

6. **When you are finished exercising, the console will turn off automatically.**

   See step 6 on page 15.

MAINTENANCE AND TROUBLESHOOTING

Inspect and tighten all parts of the elliptical regularly. Replace any worn parts immediately.

To clean the elliptical, use a damp cloth and a small amount of mild dish soap. **IMPORTANT: Keep liquids away from the console and keep the console out of direct sunlight. During storage, remove the batteries from the console.**

CONSOLE TROUBLESHOOTING

Most console problems are the result of low batteries. See assembly step 11 on page 11 for replacement instructions. If the handgrip heart rate monitor does not function properly, see step 5 on page 15.

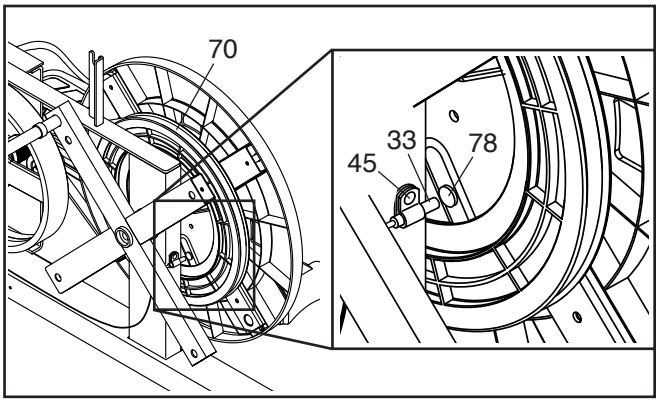
HOW TO ADJUST THE REED SWITCH

If the console does not display correct feedback, the reed switch should be adjusted.

See EXPLODED DRAWING B on page 23. Using a flat screwdriver, release the tabs on the Lower Upright Cover (83) and slide it upward.

Next, remove all of the screws from both shields. Then, carefully remove the left shield.

Locate the Reed Switch (33). Loosen, but do not remove, the M4 x 20mm Self-tapping Screw (45). Note: For clarity, the left crank disc is shown removed in the drawing below.



Next, rotate the Pulley (70) until a Magnet (78) is aligned with the Reed Switch (33). Slide the Reed Switch slightly toward or away from the Magnet. Then, retighten the M4 x 20mm Self-tapping Screw (45). Rotate the Pulley for a moment.

Repeat these actions until the console displays correct feedback. When the reed switch is correctly adjusted, reattach the shields and the lower upright cover.

FCC INFORMATION

This equipment has been tested and found to comply with the limits for a Class B digital device, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio or television reception, which can be determined by turning the equipment off and on, try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna.
- Increase the separation between the equipment and the receiver.
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected.
- Consult the dealer or an experienced radio/TV technician for help.

FCC CAUTION: To assure continued compliance, use only shielded interface cables when connecting to computer or peripheral devices. Changes or modifications not expressly approved by the party responsible for compliance could void the user's authority to operate this equipment.

EXERCISE GUIDELINES

⚠ WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over age 35 or persons with pre-existing health problems.

The heart rate monitor is not a medical device. Various factors may affect the accuracy of heart rate readings. The heart rate monitor is intended only as an exercise aid in determining heart rate trends in general.

These guidelines will help you to plan your exercise program. For detailed exercise information, obtain a reputable book or consult your physician. Remember, proper nutrition and adequate rest are essential for successful results.

EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, exercising at the proper intensity is the key to achieving results. You can use your heart rate as a guide to find the proper intensity level. The chart below shows recommended heart rates for fat burning and aerobic exercise.

165	*155*	*145*	*140*	*130*	*125*	*115*	♡
145	*138*	*130*	*125*	*118*	*110*	*103*	♡
125	*120*	*115*	*110*	*105*	*95*	*90*	♥
20	*30*	*40*	*50*	*60*	*70*	*80*	

To find the proper intensity level, find your age at the bottom of the chart (ages are rounded off to the nearest ten years). The three numbers listed above your age define your “training zone.” The lowest number is the heart rate for fat burning, the middle number is the heart rate for maximum fat burning, and the highest number is the heart rate for aerobic exercise.

Burning Fat—To burn fat effectively, you must exercise at a low intensity level for a sustained period of time. During the first few minutes of exercise, your body uses carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone. For maximum fat burning, exercise with your heart rate near the middle number in your training zone.

Aerobic Exercise—If your goal is to strengthen your cardiovascular system, you must perform aerobic exercise, which is activity that requires large amounts of oxygen for prolonged periods of time. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

WORKOUT GUIDELINES

Warming Up—Start with 5 to 10 minutes of stretching and light exercise. A warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.

Training Zone Exercise—Exercise for 20 to 30 minutes with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.) Breathe regularly and deeply as you exercise; never hold your breath.

Cooling Down—Finish with 5 to 10 minutes of stretching. Stretching increases the flexibility of your muscles and helps to prevent post-exercise problems.

EXERCISE FREQUENCY

To maintain or improve your condition, complete three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. Remember, the key to success is to make exercise a regular and enjoyable part of your everyday life.

SUGGESTED STRETCHES

The correct form for several basic stretches is shown at the right. Move slowly as you stretch; never bounce.

1. Toe Touch Stretch

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

2. Hamstring Stretch

Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

3. Calf/Achilles Stretch

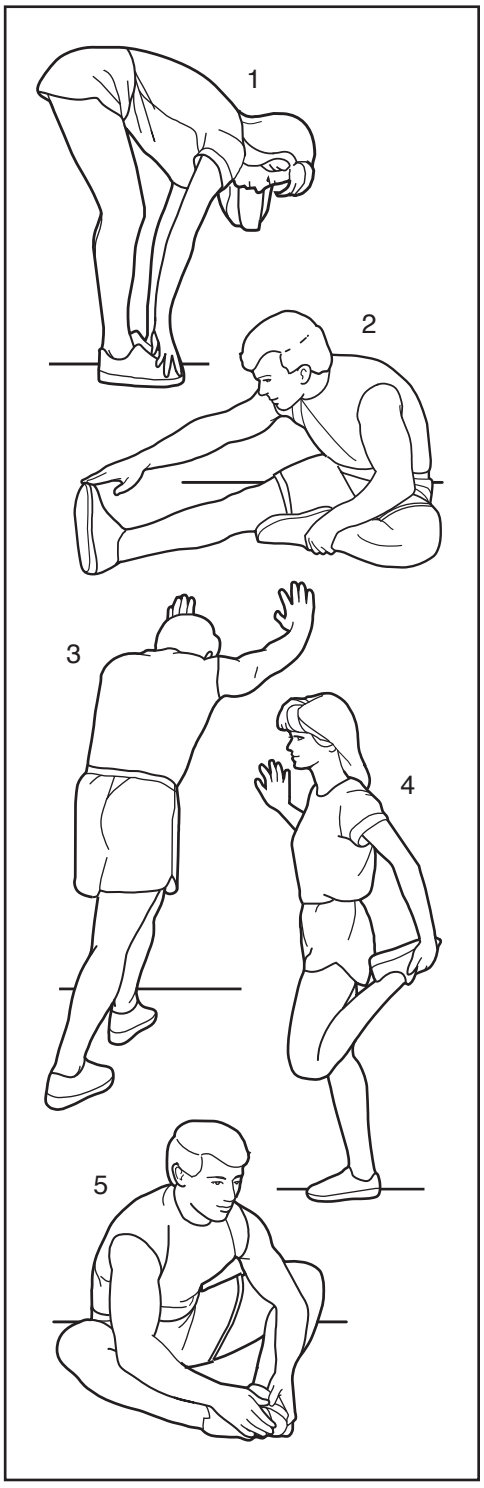
With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

4. Quadriceps Stretch

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.

5. Inner Thigh Stretch

Sit with the soles of your feet together and your knees outward. Pull your feet toward your groin area as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Quadriceps and hip muscles.



PART LIST

Model No. WLEL83012.1 R1012A

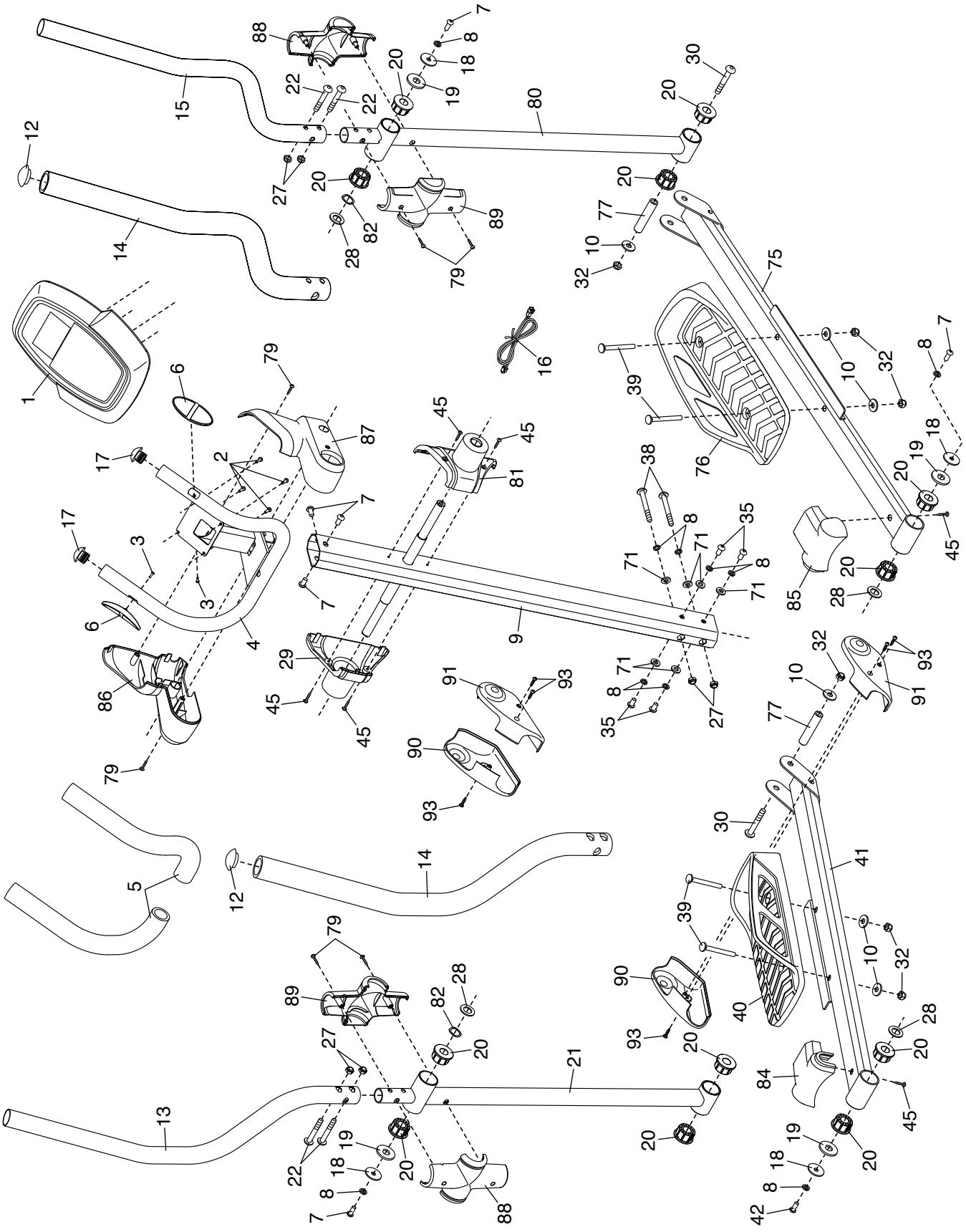
Key No.	Qty.	Description
1	1	Console
2	4	M4 x 16mm Screw
3	2	M4 x 20mm Pulse Sensor Screw
4	1	Handlebar
5	2	Foam Grip
6	2	Pulse Sensor/Wire
7	6	M8 x 20mm Screw
8	14	M8 Split Washer
9	1	Upright
10	6	M10 Washer
11	1	Idler
12	2	Upper Body Cap
13	1	Left Upper Body Arm
14	2	Upper Body Foam
15	1	Right Upper Body Arm
16	1	Extension Wire
17	2	Handlebar Cap
18	4	M8 x 38mm Washer
19	4	D-washer
20	12	Bushing
21	1	Left Upper Body Leg
22	4	M8 x 36mm Bolt
23	1	M4 x 20mm Bright Screw
24	1	Resistance Motor
25	1	Resistance Cable
26	1	Main Wire
27	8	M8 Locknut
28	4	M16 Washer
29	1	Left Upright Cover
30	2	M10 x 76mm Bolt
31	1	M8 x 20mm Washer
32	7	M10 Locknut
33	1	Reed Switch/Wire
34	1	Left Front Cap
35	4	M8 x 16mm Screw
36	1	Right Front Cap
37	1	Front Stabilizer
38	2	M8 x 78mm Bolt
39	4	M10 x 45mm Bolt
40	1	Left Pedal
41	1	Left Pedal Arm
42	1	M8 x 20mm Left-threaded Screw
43	2	Crank Cover
44	2	Crank Disc
45	35	M4 x 20mm Self-tapping Screw
46	1	Left Shield
47	1	5/16" x 25mm Screw
48	1	Left Crank Arm
49	2	M8 x 14mm Washer
50	1	Flywheel
51	2	Leveling Foot
52	1	Rear Stabilizer
53	4	M8 x 82mm Screw
54	1	Frame
55	2	Bearing
56	4	M4 x 10mm Screw
57	1	C-magnet
58	1	Resistance Spring
59	1	M5 x 40mm Bolt
60	2	M5 Hex Nut
61	4	M6 Washer
62	1	Idler Pivot Spacer
63	1	Idler Spacer
64	4	Pulley Spacer
65	1	Snap Ring
66	1	Crank Spacer
67	4	M6 x 28mm Bolt
68	1	Right Crank Arm
69	1	Drive Belt
70	1	Pulley
71	10	M8 Washer
72	4	M6 Split Washer
73	4	M6 Locknut
74	1	Right Shield
75	1	Right Pedal Arm
76	1	Right Pedal
77	2	Pedal Arm Axle
78	2	Magnet
79	6	M3 x 20mm Screw
80	1	Right Upper Body Leg
81	1	Right Upright Cover
82	2	Wave Washer
83	1	Lower Upright Cover
84	1	Left Pedal Arm Cover
85	1	Right Pedal Arm Cover
86	1	Left Handlebar Cover
87	1	Right Handlebar Cover
88	2	Upper Body Cover A
89	2	Upper Body Cover B
90	2	Left Upper Body Leg Cover

Key No.	Qty.	Description	Key No.	Qty.	Description
91	2	Right Upper Body Leg Cover	96	1	M10 x 14mm Washer
92	1	Flywheel Axle	*	–	Grease Packet
93	6	M4 x 20mm Screw	*	–	Assembly Tool
94	1	Tension Spring	*	–	User's Manual
95	1	Clamp			

Note: Specifications are subject to change without notice. For information about ordering replacement parts, see the back cover of this manual. *These parts are not illustrated.

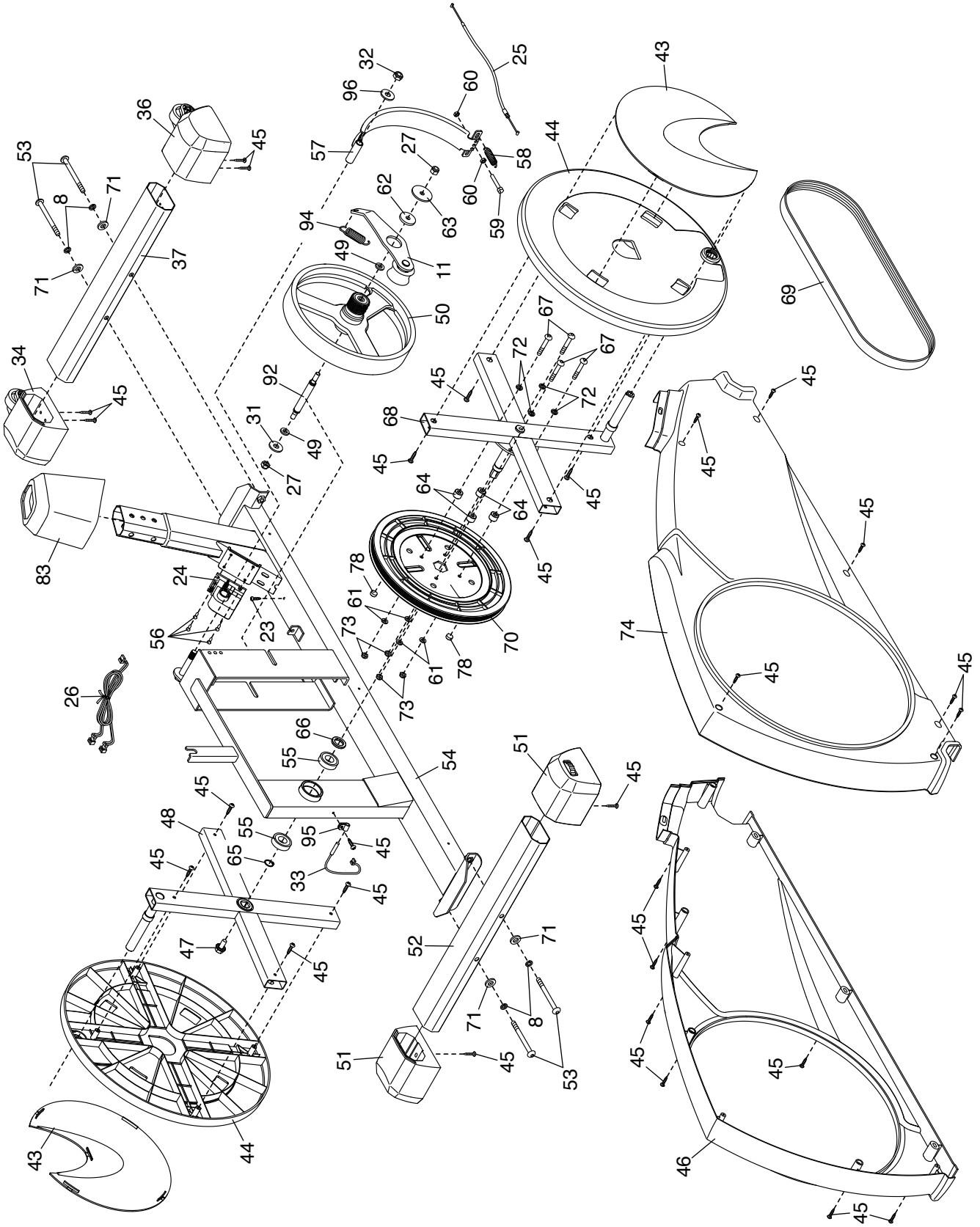
EXPLODED DRAWING A

Model No. WLEL83012.1 R1012A



EXPLODED DRAWING B

Model No. WLEL83012.1 R1012A



ORDERING REPLACEMENT PARTS

To order replacement parts, please see the front cover of this manual. To help us assist you, be prepared to provide the following information when contacting us:

- the model number and serial number of the product (see the front cover of this manual)
- the name of the product (see the front cover of this manual)
- the key number and description of the replacement part(s) (see the PART LIST and the EXPLODED DRAWING near the end of this manual)

LIMITED WARRANTY

IMPORTANT: You must register this product within 30 days of the purchase date to avoid added fees for service needed under warranty. Go to www.wesloservice.com/registration.

ICON Health & Fitness, Inc. (ICON) warrants this product to be free from defects in workmanship and material, under normal use and service conditions. Parts and labor are warranted for ninety (90) days from the date of purchase.

This warranty extends only to the original purchaser (customer). ICON's obligation under this warranty is limited to repairing or replacing, at ICON's option, the product through one of its authorized service centers. All repairs for which warranty claims are made must be preauthorized by ICON. If the product is shipped to a service center, freight charges to and from the service center will be the customer's responsibility. If replacement parts are shipped while the product is under warranty, the customer will be responsible for a minimal handling charge. For in-home service, the customer will be responsible for a minimal trip charge. This warranty does not extend to freight damage to the product. This warranty will automatically be voided if the product is used as a store display model, if the product is purchased or transported outside the USA, if all instructions in this manual are not followed, if the product is abused or improperly or abnormally used, or if the product is used for commercial or rental purposes. No other warranty beyond that specifically set forth above is authorized by ICON.

ICON is not responsible or liable for indirect, special, or consequential damages arising out of or in connection with the use or performance of the product; damages with respect to any economic loss, loss of property, loss of revenues or profits, loss of enjoyment or use, or costs of removal or installation; or other consequential damages of any kind. Some states do not allow the exclusion or limitation of incidental or consequential damages. Accordingly, the above limitation may not apply to the customer.

The warranty extended hereunder is in lieu of any and all other warranties, and any implied warranties of merchantability or fitness for a particular purpose are limited in their scope and duration to the terms set forth herein. Some states do not allow limitations on how long an implied warranty lasts. Accordingly, the above limitation may not apply to the customer.

This warranty provides specific legal rights; the customer may have other rights that vary from state to state.

ICON Health & Fitness, Inc., 1500 S. 1000 W., Logan, UT 84321-9813

Part No. 340210 R1012A

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